

THE BRITISH SCHOOL OF OSTEOPATHY



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POWELL

**WATER
TREATMENTS**

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WATER TREATMENTS

Plain and Medicated

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FOREWORD

The object of this little volume is to aid people in the attainment and retainment of radiant health by natural means within the limits of their own homes. For this reason technical terms have been avoided and directions made as simple as possible. It is also hoped that professional healers will find the various baths, some of which I believe are original, of much practical value in the application of their work.

ERIC F. POWELL.

December 9th, 1928.

WATER TREATMENTS

CHAPTER I

WHENCE COMES DISEASE ?

“Health is Cleanliness of Mind and Body”

GOOD health is a priceless treasure ; it is the chief means whereby all human desires are attained and retained. A man may be clever, he may be a genius, but without the vitality to enable him to make practical use of his talents he is no better off than his uneducated neighbour ; in fact, he is distinctly less fortunate, for constant pain and misery are in all probability his lot, with resultant unhappiness to those around him.

Health brings happiness, in spite of a lack of riches, whether they be riches of mind or of money, a prolific mentality or a substantial bank balance.

A healthy miner is a far better man than a sick statesman. The miner can be a unit of success in the world ; the statesman, weighted with a burden of ill health, is an inefficient instrument whose judgments and laws will almost certainly savour of his own unhealthy state of being.

A sound principled man with an active, clear brain and a clean, healthy body cannot fail to be a source of inspiration to his fellow men. He is a fountain of truth and goodness, a power for everything which stands for justice, peace and goodwill.

Health is man's natural state, disease the unnatural. Disease is the direct result of living out of harmony with nature's laws, and it implies a lack of ease or harmony—DIS-EASE. Health, on the other hand, indicates a state of harmony within the bodily organism, the fruit of happy co-operation with nature's inexorable decrees.

It has been well said that "Cleanliness is next to Godliness." A God-like man is clean in mind and body, pure in thought, word and deed ; he is vital and radiant with energy, he is positive and decided in all things ; his authority is recognised, his wishes respected. He stands, in fact, the very image of his Creator, a king among men.

Whence comes disease ? Does it come from

within or from without? Is it something that enters our bodies in the form of germ life, or is it the product of our own unhealthy living, our disregard of natural law?

I think we may spell disease in another way, namely, D-I-R-T! Disease is caused, primarily, through accumulations of toxic matter which clog the vital organs, interfere with nutrition, retard elimination, and eventually cause what might be termed a healing crisis on the part of the body. Hence colds, fevers and other disorders to which we are subject are really vital eliminative efforts on the part of the organism to throw off disease matter and to free the mechanism of the body from that which hinders its smooth working. I have no hesitation in stating that disease comes from within and not from without. It is not my purpose to deliberate on the germ theory, but I do state, as a proven fact, that although germs are a decided factor in disease, they are not an actual causative factor. Where there is filth there are germs, and wherever morbid accumulations are stored up in the tissues and organs of the body there germs are inevitably to be found. Contrary, however, to widespread belief, these germs act more as scavengers than

as causative agents in relation to diseased conditions.

Pure blood is the only positive guarantee of radiant health and mental fitness ; it has been proved beyond doubt that when the blood is pure and chemically balanced, disease is impossible, excepting, of course, where caused by accidents. Toxæmia—a poisoned condition of the blood—which is the root cause of disease, is mainly the result of three things :

- (1) Wrong feeding and over-eating.
- (2) Enervation, or lowered vitality.
- (3) Faulty elimination.

Concerning the first cause there is abundant evidence to prove that natural foods, prepared in a simple way, are essential to the well-being of the race. The dictum of that ancient philosopher, Aristotle, is as true to-day as ever—"Nutrition is the physical basis of life."

The second cause, enervation, may be the result of faulty nutrition, or it may be caused by wrong thinking, worry or other destructive emotions. Incorrect posture when standing will lower the vitality, and minor accidents, producing some mechanical defect in the organism with con-

sequent interference with the blood and nerve supply, are a common source of trouble in this direction. Waste of sexual energy is also a very frequent cause.

Both wrong feeding and enervation result in faulty elimination. Often the eliminative organs break down under the excessive strain they are called upon to bear owing to the vast amount of morbid matter retained in the body. Sooner or later nature has to make some supreme effort to rid the system of the pent-up torrent of waste, and a cold, a fever, a skin eruption, or some other symptom of toxin elimination and destruction is manifest. All acute diseases are healing crises, the symptoms being the manifest effects of which toxæmia is the underlying cause.

To suppress these healing, cleansing efforts of the body by means of drugs is not only useless, it is a very harmful and insane procedure. Suppression of symptoms does not remove underlying causes—it is the plainest reason that only when the cause is removed can the effect be expected to cease. Pains, aches, colds and similar signs of distress are nature's warnings that there is an abnormal condition of the blood. The correct, natural way to deal with a healing crisis

is to assist nature by adopting those remedial measures which will aid elimination, restore the chemical balance and circulation of the blood, and thereby build up vitality. Suppression of a healing crisis with drugs means that later a more violent eliminative effort is bound to take place, when less vitality is available to aid in the work, and continued suppression so weakens the body that death must eventually occur.

We are all familiar with Grandma's remedy for a cold. She would prescribe a strong tea of harmless yarrow herb to sweat out the poison, and then—straight to bed with a hot-water bottle to the feet. The next morning usually saw the cold in full retreat, if not entirely vanquished. The lesson is plain. Underlying all disease is the one root cause. Many names are given to various disorders, all of which, however, point to one thing, namely, the effort of nature to burn up and consume morbid matter. For example, the suffix "itis" denotes inflammation. Thus when the burning-up process (the inflammation) is in the tonsils, we have tonsillitis. A similar condition in the eye is termed iritis; in the appendix, appendicitis; and so on. In every case the suffix "itis" denotes the presence of

inflammation, which is nature's own process of purifying and normalising the body.

It seems very easy to say that a germ is the sole cause of a complaint, and if such a statement is accepted the remedy is quite simple too. Kill the germ with some vile poison, or at least dope it into inactivity, after which you may eat, drink and be merry, even as before your illness, but—to-morrow you may die ! The sane, the true, the harder, but infinitely the more honourable, way, is to live as the God of the Universe would have you live, and thus living to become the possessor, eventually, of a clean mind, a healthy body, and an abundant supply of that subtle life force—nerve energy—vitality—which makes living so greatly worth while. It goes without question that he who wallows in the mire of self-indulgence cannot expect, at the same time, to live in a heaven of radiant health.

Good health is a thing to be striven for. Whatever is of value can be obtained only by effort ; every lesson of history emphasises the necessity of self-sacrifice and self-control in the attainment of that which is of lasting value.

This greatest of all treasures—health—requires no less effort in its acquisition than does the

achievement of any other noble end. It cannot be swallowed from a drug bottle, nor injected with a hypodermic syringe. Appetite must be curbed ; pure, natural foods eaten, and excesses of all kinds must give place to a course of moderation in all things in the man or woman who would be the possessor of an active mind and a body radiant with the glow of health.

To be healthy we must shape our lives in fullest harmony with those laws which brought us into being. Nature alone creates ; she alone can heal and restore. The natural, the obvious thing for a sick person to do is to assist nature in her healing processes and to see that the underlying cause of ill health is removed.

All disease being caused through the presence of toxic materials in the system, the key to health is the elimination of this morbid matter : therefore any remedial agent which promotes elimination and at the same time does not weaken the patient but helps to build up vitality, will act in harmony with nature and help to effect a speedy recovery.

Among the natural methods used for the elimination of morbid matter and the restoration of physical fitness may be mentioned the following :

manipulative treatment, such as osteopathy, massage, chiropractic, etc., sun and air baths, correct breathing, electrical and magnetic treatment, dietetics, fasting, exercise, non-suppressive herbal medication and watertherapy.

Watertherapy—that is, healing by means of water applications—is one of the most potent of all remedial measures, and one of the safest. It can be used either by the professional healer or the layman. There are few therapeutical agents so powerful; certainly none is more simple in the treatment of practically every disorder to which the human family is subject.

CHAPTER II

THE THIRD LUNG

It may be a surprise to many to know that they are possessed of three lungs ; three organs of respiration instead of two. Such is the case, however, for, in addition to the two organs called lungs, in the cavity of the thorax, there is a third and very important medium through which the body eliminates undesirable waste matter in the form of gas and sweat, absorbing, at the same time, oxygen to be utilised in the same manner as that breathed through the nostrils. This third lung is the skin.

The skin is nature's garment of protection, shielding the body from extremes of heat and cold as well as from injury in many ways. Its function as a medium through which the body breathes and eliminates is equally vital, however, and in this way it fills a very important office.

It has been pointed out in the previous chapter that the underlying cause of disease is an accumu-

lation of waste matter, which results in a condition known as toxæmia or a poison-clogged system. These accumulations of morbid matter choke the vital organs, retard the functions of nutrition and elimination, and interfere with the life processes of the body. The first step to health is to bring about a condition of internal cleanliness and to free the obstructed organism, so that a return to a state of physical well-being is possible.

Nature has furnished the human body with four channels of elimination, namely, the evacuation of the fæces via the rectum, the exhalation of carbonic acid gas via the lungs, elimination by urine via the kidneys, and elimination through the skin in the form of visible and invisible perspiration. It is wise to note here that there is only one channel of intake provided—the mouth; and it is mainly owing to wrong and excessive feeding that toxæmia is brought about.

When people eat to live instead of living to eat, as so many seem to do to-day, in gratification of abnormal fleshly senses, fully fifty per cent. of all human illness will have passed away. When they have learned to think correctly and to feed on truth instead of error, the other fifty per cent.

will also have vanished and the Golden Age of Prophecy be fully ushered in.

In adults the skin is computed to have an area of about fifteen square feet. The epidermis, the cutis vera and subcutaneous fat, comprising the whole organ of the skin, are poor conductors of heat; the skin therefore conserves the bodily heat. It is also a vast secretory and excretory glandular medium. The average amount of the daily perspiration of an adult in an atmosphere of 100 Deg. F. is estimated at thirty ounces, as compared with fifteen ounces of water thrown off by the lungs.

It is said that the pressure of the perspiration in the sweat glands exceeds that of the large arteries. The sweat contains a considerable amount of carbonic acid gas, about one-thirtieth of the amount exhaled by the lungs. The skin also excretes a considerable amount of nitrogenous matter, urea, etc., amounting to four or five per cent. of that contained in the urine. When the function of the kidneys is low, or has practically failed, it is interesting to note that the skin compensates, inasmuch as the amount of nitrogenous matter thrown off via that organ is considerably increased.

Only within recent years have physiologists and physicians realised the importance of the skin as the great excretory organ of lactic acid and other products of tissue metabolism. The real function of the skin includes both oxidation and the excretion of waste products; for this reason functional inactivity of the skin causes lowered oxidation and subnormal temperature, and the partly oxidised products begin to accumulate and cause trouble in the body.

The eliminative organs all work in sympathy one with the other, and when one is weak the others assist the essential function of elimination by working harder and taking over some of the work usually accomplished by the weakened organ.

A healthy skin does much to keep the nervous system in order, and plays an active part in maintaining a healthy surface circulation of the blood. Through the skin the curative rays of life-giving sunlight penetrate into the blood stream and energise the body, provided, of course, that they are not kept out by dark, thick clothing and unnecessary underwear. Whoever desires health must have a healthy skin, for without it pure blood is impossible. Air and sunlight must get

to the body, and for this reason only light clothing should be worn, and the body should be given an air bath for a few minutes daily. The beneficial results obtained by watertherapy can be maintained if reasonable attention is paid to diet, clothing, exercise, mental attitude and habits of life in general.

Owing to wrong living the eliminative organs of the average person are much overworked ; this causes constipation. The morbid waste which should be speedily thrown off with the fæces is retained and absorbed into the blood and tissues. The kidneys become weak and function imperfectly, and the skin is therefore called upon to play a vital part in eliminating the waste materials. Hence the importance of keeping the skin active, clean and free from excessive clothing. It is estimated that there are over seven million pores in the adult body, each of which is a tiny waste pipe which must be kept free from obstruction, so that it may perform its office perfectly. It is said that the pores carry off from one to two pounds of morbid matter daily, most of which is water and gas containing the poisons mentioned above. Oxygen is inhaled as required by the system through the unobstructed pores, but if

they are clogged very little can be inhaled and the body starves for that essential gas. The following interesting experiment proves conclusively the profound importance of a healthy skin.

The nude body of a healthy man was placed in a specially constructed barrel with his head outside. The barrel was made air-tight. The man was able to breathe an abundance of pure air through the lungs, but after a certain length of time he showed signs of suffocation. The process was then reversed with the barrel suspended from a beam and the man's head placed inside. His nude body was exposed to the pure air and sunlight, and it is claimed that the results were practically the same in both experiments; it took about the same length of time to produce distress with the head in the barrel as when the body was placed therein.

A young boy was covered from head to foot with gold leaf to take the part of a certain character in a carnival. In a short time the lad expired, owing to skin respiration having ceased through the action of the gold leaf clogging the pores.

Facts such as these prove conclusively that a clean, healthy skin is of vital importance in main-

taining bodily health. In diseased conditions it is the skin that is called upon to act as the main eliminative channel for the underlying causative factor ; it follows therefore that when a person is sick special attention should be paid to the third lung, so that its important functions can proceed unhindered and that every possible aid be given to the healing process.

Water, properly applied, is at once among the most powerful and effective, as well as one of the safest means at our disposal for the treatment both of acute and chronic disease. No other agent stimulates and cleanses the skin so effectually as water ; very few remedial measures act so fully in harmony with the needs of the body and so quickly remove all obstructions as those in which water is used. Water will save life, not only at the eleventh hour, but often at the last minute of that hour, if properly used. Elimination is the key to health, and water applications open wide the sluice gates of the body and liberate the torrent of filth that is invariably responsible for a diseased condition.

CHAPTER III

THE PHILOSOPHY OF WATER THERAPY

WATER, water everywhere ! But in spite of this few seem to realise the exceptional health value of this heaven-sent gift, or make use of its life-giving powers.

It is only too true that "familiarity breeds contempt," and nothing but the bitter experience of a lack of water can bring home to some minds the true value of this precious fluid. With what joy would the traveller, lost amid the sandy wastes of the Sahara, give all his worldly possessions for a cool draught of pure water ! It is in this light of thankful appreciation that we should all regard one of the greatest blessings that a wise and loving Creator has provided for our use—not sparingly, not with a stinting reluctance, but in superabundance, as with its companion gifts of air, sunlight, fruit, vegetables, herbs, etc.

Some authorities claim that life first started in the waters of our planet, and certain it is that

life cannot exist without water. It forms the greater portion of the earth itself and of our own anatomies, as well as of the food which we eat. It is interesting to note that in Scriptural symbolism water represents both truth and life, and in the final chapter of the book of Revelation, speaking of the perfected condition of things when the kingdom of God has been fully established on earth, the invitation is extended to all: "And whomsoever will, let him take of the water of life freely."

Water is one of the most ancient of all agents used for the eradication of disease; it was used by the Chinese, ancient Hebrews, Greeks and other races. It is a fact that the laws of the ancients compelled bathing, and by this means those races kept disease at bay. It was only when they neglected their wonderful systems of hygiene that they dropped into decay and ceased to be world powers of importance. Whenever a Roman army encamped, the first procedure was the erection of the baths, which were their field hospitals. They employed no other healing agency for over three hundred years, and the physical vigour and ability of the Romans, which did so much to enable them to conquer the old

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world, speaks well for their systems of living and healing. That which was so effective many centuries ago is of no less value in our own day, when the lives of such a large section of the community are artificial and so far removed from the pathway of natural health.

Water is cleansing, soothing, healing and vitalising. It may be used in a great variety of ways, either hot or cold, but, for reasons which I shall explain, cold water is to be preferred in the vast majority of instances for therapeutical purposes, although hot water is permissible and even advisable sometimes.

There are few disorders which cannot be relieved or completely cured by Nature's sweet restorative and invigorator—water. I am a strong advocate of water drinking between meals. Many sufferers would be in far better health if they sipped a glass of cold water about eleven a.m., another about three p.m., and again sometime in the evening. Water, taken internally, flushes the kidneys and cleanses the entire system ; it tones the digestive organs and stimulates the circulation. Used externally, it frees the organism of poisons and morbid matter and promotes recovery by natural stimulation.

On the authority of the late Doctor H. Lindlahr, of Chicago, it has been established that cold water, applied to the surface of the body, has an electro-magnetic effect. It arouses the vital forces of the body and increases nervous activity. The minute cells of the body are actually tiny generators of vital electricity which respond to the influence of cold water by becoming charged with energy, and functional activity of the whole organism is thereby promoted in a marked degree.

When a cold or tepid pack is applied to the body, circulation is rapidly stimulated ; there is a noticeable increase of red blood corpuscles and evidence of a larger percentage of oxygen in the tissues. As a result of better circulation and renewed energy, the blood is driven with increased force through the arteries and minute capillaries. It is these small capillaries which become clogged in diseased conditions, and the increased circulation, following the cold water application, flushes these tiny channels free from all encumbrances, thus literally driving out the root cause of the disorder. The whole area under treatment is stimulated, the lazy cells which were lying inactive in the sluggish and stagnant blood and tissues are fully roused, and the increased supply

of oxygen aids considerably in the burning-up of toxic matter.

The first effect of a cold water application is to chill the surface of the body and drive the blood inwards, but a certain law of nature causes an immediate reaction, and the blood rushes back to the surface of the body, suffuses the skin, opens and relaxes the pores, flushes the capillaries, and thus unloads its impurities through the skin in the form of either visible or invisible perspiration, usually the former. In fact, in many instances profuse perspiration takes place, and so great is the amount of morbid matter eliminated through the pores that the material of which the cold pack is composed becomes discoloured. I have applied cold body packs to children suffering from violent fever and in danger of death, the result of the application being that the little patient has relapsed into a peaceful sleep. The temperature was brought down, below danger point, and when the pack was removed it was quite yellow with the toxins which the water had drawn out from the body.

Water has saved the lives of many thousands when consuming fever has sapped the vitality to such a low ebb that death was expected at any

minute. The beauty of the cold water application is that it not only lowers the fever and energises the patient, but it actually assists nature in her work of eliminating accumulations of waste matter—which are the underlying cause of the symptoms—without suppressing the healing processes. The practical use of water as a healing agent for a period of about nine years has served to increase my faith in its virtues, and I am forced to conclude that it is of far greater value than the many elaborate therapeutical inventions which at present flood the market. Do what we will—invent what we will—we can never improve on nature or ensure the maintenance of good health more effectively than through natural means.

It may be argued by some that a cold pack soon becomes hot if allowed to remain on a warm body for a few minutes. This is true, but the effects of the first cold application are lasting ; a reaction to the cold has taken place, and the stimulation is kept up for a considerable time. As long as the pack is moist the action continues, but after it becomes dry the curative effects are over.

Some very weak and aged folks have very

little vitality and do not react to the cold applications to a sufficient degree. In such cases hot-water bottles should be placed to the feet and beside or on top of the pack. This does not interfere with the desired effects, but helps to produce a quick reaction without shock to the system. The use of hot-water bottles with a cold pack is an entirely different matter from the use of hot-water applications. It is always the cold water that produces the reaction, whether used with hot-water bottles or without, but the sole application of hot water produces no reaction worth speaking about ; it produces a temporary effect, but the ultimate results are weakening. It is, however, permissible to use tepid water when the patient is in a very weak state. When tepid water is used hot-water bottles are unnecessary except to the feet.

Hot-water packs and baths draw the blood to the surface but produce no internal stimulation. The after-effects are usually worse than before the application, and the condition of the blood and tissues more than ever one of stagnation. The first, temporary, effects are indeed somewhat good, but the secondary and lasting effects are not at all conducive to the restoration of health

and the increase of vitality. It is the continuous reactionary effects of a cold water treatment that produce results. Hot water weakens, cold has just the reverse effect. Tepid water does not weaken, but its effects are not so pronounced as when cold is used, except in instances mentioned above.

Concerning the use of tepid water, i.e., water with the chill taken off, I must, however, state that there are many famous specialists of the reformed school of healing who advise it in preference to cold. They claim that the action is as good, and that it is better for weakly persons. I agree that it is better than cold when the patient's powers of reaction are very low, yet evidence points to the fact that where possible cold water is best, but where there is any doubt concerning the patient's vitality, tepid should be the rule.

The reader will understand clearly the immense importance of water treatments by comparing these remarks with former chapters. To be effective the treatment of disease must be in harmony with natural law; toxins must be eliminated by stimulating the flow of blood and activating the eliminative organs. Fresh air is essential for the lungs; the bowels must act

normally ; the kidneys need stimulating ; the skin must be invigorated by whatever means are rational and safe. Sun and air baths have a wonderful effect on the skin and the system as a whole, but in acute and chronic disease it is necessary to resort to something more immediately effective and that "something" is cold water.

It is necessary, however, to state that water treatment in disease should in no sense be used haphazardly ; it should be practised thoughtfully, with careful regard to the special needs of individual cases. Baths or packs should be used which common sense suggests are the best for the particular disorder under treatment. There are many treatments, suited to all types of cases, and I shall do my best to help the reader to select, from among the large number described, the most potent method for each specific ailment.

CHAPTER IV

THE WET SHEET PACK

SPREAD a waterproof sheet on the bed and cover with three or four blankets. Over these place a clean sheet of coarse linen (an ordinary bed sheet will serve the purpose if coarser material is not available) wrung out in cold water. Do not wring the sheet too much, only sufficiently to prevent the water running.

Place the patient on the sheet, which should then be wrapped right round him and well tucked in between the legs and arms. Next wrap the first blanket over the wet sheet and apply hot-water bottles to the sides, taking care that they are placed so as not to burn the patient. Now wrap the other blankets round the body, over the wet pack, covering with more if necessary. The patient should be left to sweat for thirty minutes to one hour, but at the least sign of distress or exhaustion the pack should be removed. This, however, is not likely to occur in the

majority of cases. When the pack is removed a cold or tepid sponge down should be given and the patient placed in a warm bed.

The use of the hot-water bottles depends on the condition of the patient. If he is very weak, more are required, and more dry blankets in order to bring about a speedy reaction. Where the patient is fairly vigorous it may not be necessary to apply any hot-water bottles. Also, the more vigorous the patient the less dry coverings are required. In some cases where high fever is present and a speedy elimination is desired, two wet sheets may be used instead of one. In other words, the general rule is that the stronger the patient, the more wet sheets can be used and the fewer dry coverings; the weaker the patient, the more dry coverings are required together with hot-water bottles, and only one wet sheet should be used. If preferred, tepid water may take the place of cold in cases where vitality is low.

The patient perspires for as long as he feels he can stand it without undue distress. It is better to err on the right side and remove the pack soon, rather than prolong the time beyond the point of reasonable endurance. Far better apply several

packs at intervals than aim for speedy results with one treatment at the expense of the patient's energy. Short treatments of about thirty minutes, or, perhaps, a little longer, so far from weakening, serve to increase the vital energy and hasten, thereby, the good work of healing.

Action and Uses.—The wet sheet pack is one of the most valuable of all water treatments. It is the chief means of relief and cure to which resort should be made in cases of fever, influenza, bad colds, pneumonia and other serious inflammatory conditions. It reduces fever to below danger point, removes internal congestion, eliminates morbid matter, raises the vital energies and induces sound, refreshing sleep. It helps the heart, soothes the nerves, and promotes speedy and successful recovery in nearly every case where properly used.

In some cases packs may be applied at frequent intervals; in others a pack may be left on all night. The nature of the case and the condition of the patient must be the deciding factors. Wet sheet packs of short duration, where they are left on the patient sufficiently long to produce a few minutes' sweat—about half-an-hour should accom-

plish this—cannot be harmful even to the very aged. Needless to say, in very weak cases care must be taken to avoid undue shock by sudden application of the pack. Cover one section of the body at a time, slowly and carefully.

Water treatments should always be administered in a fairly warm room, which should be well ventilated, but free from draughts. Never administer a cold pack if the patient is cold ; stimulate circulation and get the temperature of the body to reasonable warmth before making the application.

Never give treatment immediately after a meal. At least two hours should elapse between feeding and water treatment, as the processes of digestion and absorption interfere with the action of the water, and the treatment in turn interferes with the digestion. In most disorders where the wet sheet pack is indicated the patient is not in a fit state to partake of much food ; in many instances he should be fasting ; especially should this be the case in high fevers and inflammatory disorders. Plenty of cold water should be drunk in these conditions, and the use of orange and lemon juice is advisable. The juices may be taken neat or diluted with

cold water, the latter method being the better of the two.

It is well to mention here that the fresh juice of apples is of exceptional value in all feverish conditions. The juice should be pressed from finely-chopped fruit and given to the patient as frequently as desired. Taken thus, fruit juices, particularly those of the apple and orange, greatly help the action of any external treatment.

It is said that a well-known doctor of the Nature Cure profession started his practice with a pail of water, a sheet and a few blankets. Certainly it is little short of marvellous how great is the influence for good in this comparatively simple and essentially natural means of treating disease.

CHAPTER V

LOCAL PACKS AND APPLICATIONS

PACKS or compresses for the treatment of local areas are made by folding linen material into three or four thicknesses of sufficient size to cover well the part indicated. The pack is wrung out in cold water and applied in the same manner as with the wet sheet pack, and well covered over with dry material.

Never apply a pack made of woollen or coloured material. All compresses should consist of linen, either coarse or fine, the former being the better of the two. Warm, woollen material is best for the outer coverings, of which there should be an ample supply. If the pack does not warm up after a short time, one or more hot-water bottles should be used to bring about the necessary reaction. This, of course, applies to large packs only.

After removing a pack the part treated should

be sponged down with cold or tepid water and thoroughly dried. The duration and number of the packs applied depend on the nature of the case. It is vitally important that all packs and compresses be thoroughly washed before using them again for treatment purposes. Where a number of packs have to be used in succession it is essential to have several ready at hand so that they may be available without delay.

Action and Uses.—Local packs have the same effect as the wet sheet pack, but on a smaller scale. Local inflammation is removed and the circulation improved in the parts. Thus functional activity is restored, waste matter is eliminated and necessary tissue repair hastened.

THE THROAT PACK OR COMPRESS

This consists of a long strip of linen or a bandage wrung out in cold water and wound round the neck three or four times, but not too tightly. Cover with warm material and allow to remain on for a few minutes until pack is fairly warm. Renew several times if necessary ; the final pack should remain on for an hour. A throat pack applied at night can remain on until morning.

THE UPPER COMPRESS

The upper compress or pack is applied over the chest and back. It should reach from the shoulders to the lower ribs and, if necessary, hot-water bottles may be used to help bring about the reaction. The arms may, or may not, be covered with the wet linen, but in most cases it is advisable to include the arms as well as the upper trunk.

When applying partial body packs I always advise that a hot-water bottle be placed to the patient's feet, and also that all parts of the body not under treatment should be kept warm and well covered. All packs applied to the trunk should be given in bed with the patient's head well propped up with pillows. This, of course, does not apply to small packs, such as are used on the throat or legs. These may be applied whilst the patient is sitting ; or, if circumstances permit, he may walk about during the time the pack is on. In partial body packs, as with the wet sheet pack, a period of from thirty to sixty minutes' treatment should be the general rule, but where used at bedtime the pack may safely be left on all night.

THE ABDOMINAL PACK

This pack should be of sufficient size to cover well the whole of the abdomen and small of the back. It is applied in precisely the same manner as the upper compress or pack, and is the most useful of all the local water applications. Morbid matter settles in the abdomen probably more than in any other part of the body. It is mainly here that auto-intoxication (self-poisoning) takes place, and for this reason it is wise to keep this part of the body clean, healthy and vigorous. The abdominal pack and the sitz bath are the best means to accomplish this, especially the former. Better results are obtained if the pack reaches just over the hips and is tucked down over the generative organs. The duration of the treatment is the same as with the upper compress.

HOT SPINAL PACKS

The only occasion in which I advise the use of hot packs is in insomnia. A thin tea towel (dry) is placed over the patient's back while he is in bed. Another towel is folded lengthwise and soaked in a bowl of scalding water.

The towel is wrung out slightly, or passed through a rubber roller mangle, and then applied lengthwise on top of the dry tea towel over the patient's spine. Cover with a warm blanket. The pack remains on for a minute or two and is immediately replaced by another hot towel. The dry tea towel remains on for the whole length of the treatment. As many as six or eight packs may be applied as hot as can be borne. The back is dried with a soft towel and the patient well wrapped up in the bed.

Action and Uses.—The hot spinal pack is sedative ; it relaxes the spinal muscles and soothes the nerves. It is an ideal application for sleeplessness, but should only be given on retiring. The warmth of the bed prevents any weakening after-effects. The pack is very useful in neurasthenia, as tightened spinal muscles are a frequent causative factor underlying nervous conditions.

THE UPPER AFFUSION

The patient is stripped to the waist and leans over a bath with his hands on the bottom. A large can of cold water is then poured slowly over his back. The water should run from the base of the spine along the back and down over

the shoulders and chest. Three or four large cans of water should be used and the patient rubbed dry. A good size watering-can without a rose is splendid for the purpose.

If the patient is weak, one canful of water will be sufficient, and the room should be warm. It is better not to wet the head. If it is possible for the patient to get under a tap or under the spout of a geyser, assistance is not required.

This application is of special value to the circulation and tones the nerves.

THE LOWER AFFUSION

The patient stands in a bath while three or four cans of cold water are poured over his legs from the hips to the feet, back and front. The legs are rubbed thoroughly dry afterwards. This lower affusion has a strengthening effect on the system, helps to harden the constitution, and is good for athletes.

HOSE PIPE APPLICATION

This treatment is advised only where the patient is fairly strong and healthy. A powerful jet of water is played over the nude body from a hose pipe, directed from a distance of three or

four yards, according to the force of the jet. Such treatment is of great value to athletes, as it strengthens the entire body.

SHOWER BATHS

Shower baths are very refreshing, and serve to increase the circulation and calm the nerves. Cold showers should not be undertaken by weak people, as the shock is too great for the nervous system. Cold showers are good for the vigorous, but should never exceed three minutes' duration.

Hot showers are valuable in nervous disorders, but should always be concluded with a tepid shower, and the patient should rest for a while in a warm room following the treatment.

After strenuous exercise or work, a hot shower may be taken with advantage, but should be concluded with a minute under the cold water. Shower baths rarely come into use for treatment purposes, and I merely mention them here in case a reader has a shower in his home and desires information respecting its use.

LEG AND ARM BANDAGES

An ordinary linen bandage is wrung out in cold water and wound three or four times

round the affected limb or joint. A dry bandage may be used over the wet one.

Wet bandages are useful for sprains, bruises, and in the treatment of varicose veins. They have the advantage of use during the daytime, and need not interfere with the patient's employment.

WET FRICTION BATH

Stand naked in a bath or on a waterproof sheet. Dip the hands in a bowl of cold or tepid water and well rub over the whole body. Every part of the anatomy should be thoroughly wetted. Dry by rubbing and slapping the skin with the hands. Finish off with a towel if you wish. Wet friction is superior to cold bathing and showers, as it does not shock the system. A pair of rough linen gloves may be used instead of the uncovered hands, if preferred.

SITZ BATH

A small round bath or tub is partly filled with cold water, in which the patient sits for about one minute. The water should reach up to about the middle of the abdomen. The feet must be kept outside the tub in a bowl of

hot water. Following the bath the patient is well dried.

Alternate hot and cold sitz baths are very beneficial. For this purpose two tubs are employed, one with hot water, as hot as can be borne, and the other with cold. Treatment commences with about three minutes in the hot followed by one minute in the cold ; then three minutes in the hot and another minute in the cold, and so on. In all, make about six changes and always conclude with the cold sitz.

Sitz baths remove internal congestion and tone up the abdominal organs. They are of especial value in female complaints and constipation.

MUSTARD FOOT BATHS

Hot mustard foot baths are splendid as an aid to other remedies for colds. Most people make the mistake of not having the water deep enough. It should be very hot and reach half way up the calves of the legs. The bath should occupy ten to fifteen minutes.

COLD BATHS

I do not agree with the practice of plunging into a tub of cold water all seasons of

the year. Animals do not do it, and to my mind it is not wise for humans to do so. The sudden plunging of the body into cold water has no good effect on the average individual, and I doubt if it improves the strong. I have nothing to say against the robust person who has taken his daily cold dip for years. If he finds no bad effects, let him carry on, but I warn the weakly person against cold bathing, unless it is in sea water during the warm weather.

Tepid baths are good and are to be recommended, but better still is the wet friction, described previously. Even this water treatment should be taken in a warm room, if the bather's vitality is low.

It may be argued that there are hundreds of healthy folks who have taken a cold dip regularly every morning for years and who are in splendid health. That may be so, but I also know many others who have nearly killed themselves in endeavouring to follow this heroic system. The rule to observe is that anything causing shock and distress should be avoided, and if we agree on this point, then very few of my readers will indulge in cold baths. Anything which unduly shocks the system causes a waste of vital force and a consequent decline in nervous energy.

CHAPTER VI

MEDICATED PACKS AND RUBS

ONE of the most efficient medicated packs it is possible to find is that made with water to which has been added common Epsom salts (Magnesium sulphate. Mg SO_4).

These medicated packs can be used for all the conditions where ordinary packs and compresses are used, but with more powerful effects. The salts have a strong eliminative action and draw out toxic matter from the skin.

The packs may be prepared with either cold, tepid or hot water. Epsom packs are usually applied in cases where it is of the utmost importance to bring about speedy elimination. For this purpose it has been found that hot water is better. This does not apply to ordinary water packs, where the water should always be cold or tepid, but for quick effects in serious, acute conditions, such as appendicitis, hot water packs medicated

with Epsom salts should be used. It is important however, to wash the part of the body under treatment with cold or tepid water after the application of the packs. Magnesium sulphate acts better with hot water, but for all that it has quite a powerful effect when used with cold or tepid water.

I use hot Epsom packs in serious cases where I desire speedy results. In the vast majority of my cases I use either plain or cold tepid packs, and occasionally medicate them with Epsoms if the case is of the stubborn variety. Cold water without any medication is suitable in most instances, the addition of the Epsom salts merely adding to the curative effects by promoting more speedy elimination.

Method of Preparation.—To each pint of hot, tepid or cold water, add one ounce of common Epsom salts. Dissolve the salts before soaking the linen in the solution and apply in the same manner as with ordinary packs.

The curative value is increased if to every pint of water used a teaspoonful of common table salt and a teaspoonful of bicarbonate of soda (common baking soda) are added. These chemicals are not essential, but they greatly increase

the curative value of the pack and should be used in all acid conditions of the system.

Action and Uses.—These medicated packs draw out toxins and neutralize acids and other poisons in the body. A certain amount of the solution is absorbed by the skin and serves to neutralize further the body toxins. They are of especial value in all acid complaints, such as rheumatism, gout, lumbago, etc.

THE EPSOM RUB

Prepare a bowl of hot Epsom salts solution in the same proportions as used for medicated packs.

The patient stands nude in a bath or on a waterproof sheet, and thoroughly swabs and rubs the whole of his body with the hot solution. A sponge or large flannel may be used for the purpose. It is important that he continually rub his body over and over again with the solution for at least ten minutes, for the following reason: the action of the medicated solution draws toxic matter from the skin in the form of a sticky slime. Unless this slime is removed the action of the rub is soon over. If, however, the body is continually rubbed, the curative action is kept up

the whole of the time. This, of course, cannot be done with the Epsom packs, the action of which, however, is somewhat different.

Following the rub, the patient should sponge the body down with either cold or tepid water, and then rub dry. It is advisable, where convenient, to get assistance in applying the solution to the back, as this cannot be done effectively by the patient himself.

Action and Uses.—The action is the same as with the Epsom packs, but it differs in that it is applied to the whole body, while the pack has a local but more lasting effect.

The Epsom rub is of great value in all acid conditions and where a state of general system poisoning exists. Should be used in all conditions due to auto-intoxication, two or three times weekly before retiring. For fevers the rub may be given in bed with cold or tepid water. *Never use hot water in feverish conditions.*

THE BRAN RUB

Pour sufficient boiling water over two or three pounds of ordinary bran to moisten thoroughly. Wet the body with hot water, take the bran in the hands and rub vigorously over the whole

anatomy for a few minutes. Conclude with a cold or tepid sponge down.

Action and Uses.—This is an ideal treatment for backward children and those suffering from rickets and nervous disorders. It serves to invigorate the system and tone the skin and nerves. The mineral matter with which bran abounds is absorbed in small quantities by the skin and used as required by the vital force within the body.

Used gently it is valuable in skin diseases. May be used by the feeble and very aged. A splendid tonic application.

If the nerves are in a poor state of health, the hot bran should be well rubbed over the spine each night before retiring.

CHAPTER VII

CURATIVE BATHS

EVERY year thousands of people visit celebrated spas in different parts of the world and seek, in the medicinal waters, a cure for numerous complaints. Hundreds of pounds are spent in this manner, frequently by people who can ill afford the expense, but the hope is ever present that the virtue of the waters will rid them of their ailments. Undoubtedly a great deal of good does often result from spa treatment, but it is only right to point out that the medicinal waters may be prepared in one's own home quite cheaply and with far better effect than that obtained by bathing in the natural springs.

Analysis reveals the fact that the principal ingredient in the famous natural waters at Carlsbad, in Germany, and also in many of the best known springs all over the world, is common Epsom salts, or magnesium sulphate.

A teacupful of Epsom salts and a heaped table-

spoonful of common table salt, dissolved in half a bathful of water, makes an excellent substitute for any of these springs. It follows, therefore, that such a treatment can be given at home, and, by increasing the strength, may be made more effective. The price of Epsom salts is a mere item and it is obtainable from all chemists. When buying Epsom salts for bathing purposes not more than 1s. 6d. should be paid for a seven pound bag. This cheap variety is called cattle salts, and is quite satisfactory for water treatments.

THE EPSOM BATH

To a bath about half full of hot water at a temperature of 98 to 100 degrees add two pounds of Epsom salts. The bath may be given at a higher temperature if desired, but just about blood heat is best for most people. If desired one or two pounds of common table salt may also be added, and half a pound of carbonate of soda. Use either or both of these as they aid the action of the Epsoms and improve the curative qualities of the bath.

The patient remains in the bath from fifteen to twenty minutes, during which time the temperature should be kept at the same degree by occa-

sionally adding hot water. It is essential that the patient or an attendant continually rubs his body during the whole of the time he is in the bath. As stated previously, the salts draw out toxic matter in the form of a slimy substance, and unless this is continually rubbed off the effects of the bath are over after the first minute or so. By continually rubbing off the deposit the curative action continues for the entire length of the treatment. Conclude with a cold or tepid sponge down and go to bed immediately afterwards. One or two baths may be taken weekly.

Action and Uses.—The medicated water neutralizes the carbon principle of the urates and toxins and draws them out through the skin, thus removing the underlying cause of numberless ailments. A small portion of the solution is absorbed by the tissues and used by nature for the process of toxin destruction within the organism.

This curative Epsom bath is the secret of thousands of successful cures in world-famous health homes on the continent and in America. It has been termed "the wonder bath," and famous specialists agree that there is no other bath to equal it for eliminative and body purifying purposes.

One or two baths a week for a few weeks will work wonders in the majority of cases where acidosis and auto-intoxication are responsible for the patient's condition. It is claimed that the Epsom bath together with a correct diet will cure diabetes and tuberculosis. In acute disorders it may be used twice daily, but for chronic disorders once or twice weekly is sufficient.

THE ALKALINE BATH

Dissolve about one pound of carbonate of soda in a bath of approximately thirty gallons of water—temperature 92 to 96 degrees. The patient remains in the bath for about half an hour with the water at the same temperature. A cold or tepid sponge down may be given after the bath, but this is not essential.

Action and Uses.—The alkaline bath is good for rheumatism, but especially for skin diseases of all kinds. It soothes, heals and neutralizes acids and toxins.

If preferred, the bath may be given as a sponge down, when the solution should be much stronger; say, half an ounce of soda to each pint of water. This treatment is also good for burns.

Much good is claimed for this bath or sponge down in eczema, nettle rash and psoriasis.

THE SALINE BATH

Dissolve eight pounds of sea salt in thirty gallons of water. May be used hot or tepid. If sea salt is not obtainable prepare as follows: Seven pounds of common salt, one pound of magnesium chloride, one half pound of Epsom salts. Use the same quantity of water.

Action and Uses.—A sea-salt bath stimulates the skin and encourages reaction. It has a good tonic effect and is better given with cold water. A minute or two in the bath is sufficient when taken nearly cold.

THE CAMPHOR BATH

Add half an ounce of spirits of camphor to an ordinary large bath of water at 98 degrees. The best camphor is Rubini's, which can be obtained from any homœopathic chemist. The patient remains in the bath for ten or fifteen minutes. He is well rubbed dry and goes to bed immediately afterwards.

Action and Uses.—A really splendid bath when there are signs of a coming cold or influenza.

The bath is sedative and aids recovery. In addition to the bath the patient should take strong herb tea of yarrow to promote perspiration while in bed.

THE EUCALYPTUS BATH

Add one ounce of eucalyptus to a large bath of hot water. Stir well. The patient should remain in the bath for ten or fifteen minutes.

Action and Uses.—The same as the camphor bath.

THE PINE BATH

To about thirty gallons of water, at a temperature of 93 or 94 degrees, add from one to four ounces of turpentine (an extract from the pine cone). The patient should stay in the bath just long enough to experience a feeling of warmth and ease of respiration. A few minutes is usually sufficient. It is important to keep the generative organs clear of the water as much as possible, otherwise annoying irritation may be caused. These parts may be covered with a towel or the lower part of the trunk may be placed on some object in the bath to raise the organs just clear of the medicated water. It is not necessary to

rub the body when in the bath. Conclude by rubbing down with a rough towel.

Action and Uses.—The pine bath is of great value in disorders of the respiratory organs, such as asthma and bronchitis. It is also highly recommended for weak hearts and circulatory disorders. It stimulates the skin and the cutaneous circulation. Never remain in the bath longer than ten minutes to start with. Following treatments may be longer. Two or three weekly are sufficient in most cases.

While I wish to emphasize the importance of medicated water treatments, I desire the lay reader to understand that in all cases the plain water applications and baths are of considerable value and may be used in preference.

CHAPTER VIII

HERBAL BATHS

THE value of herbs for medicinal purposes has always been widely recognised. Very few people, however, are acquainted with the fact that the same herbs often have a very definite curative action if applied externally in the form of poultices or used in baths. In this chapter I purpose dealing with a few of the more important herbal baths. Dozens might be quoted, but in this little book I must confine myself to essentials, devoting attention to those treatments which have proved, in a special sense, to be of real practical value.

Many professional healers will, I trust, find this book of value to them in their noble work for humanity, but its real purpose is to supply the average man and woman with clear and simple guidance in dealing with everyday ailments. Because of this I consider it unnecessary, as well as unwise, to set forth a multiplicity of treat-

ments—many of which could be used for the same complaint—and so confuse the layman in his choice of the best treatment for any particular case.

In any herbal bath the addition of a pound of common salt greatly improves the action, but salt should not be used where skin disease of any kind is present.

THE WINTERGREEN BATH

To a portable bath of about twenty-five or thirty gallons of hot water add one pound of fresh or dry wintergreen herb. Unless otherwise stated, always use dry herbs in preference to fresh, as they are stronger in their action.

I suggest the use of a portable bath, owing to the fact that the waste pipe of a fixed bath is liable to become choked with the herbs. This applies to all herbal baths.

The patient remains in the bath for about fifteen minutes. The curative value is improved if the body is rubbed occasionally. Conclude with a cold or tepid sponge down.

Action and Uses.—The wintergreen bath is splendid for rheumatism and all acid conditions, as the herb purifies the blood.

THE WITCH HAZEL BATH

To a portable bath of twenty-five to thirty gallons of hot water add one pound of dry witch hazel leaves.

The patient remains in the bath for about fifteen minutes. The body should be rubbed occasionally with the hands and the bath concluded with a cold or tepid sponge down.

Action and Uses.—Witch hazel is healing and astringent. It tones the skin and tissues, and is useful in general debility and for varicose veins. If unable to obtain witch hazel, yarrow may be used instead.

THE CAMOMILE AND HOP BATH

To a portable bath of hot water add one pound of dry camomile flowers and one pound of dry hops.

The bath should be of fifteen minutes' duration. For disorders of the abdomen and generative organs it is better to sit in the bath only. Take before going to bed. No sponge down should be taken after this bath.

Action and Uses.—The properties of camomile are tonic, diuretic, sedative and diaphoretic. Hops are a tonic, nervine and anodyne.

This bath is ideal for all nervous affections. For female troubles it is splendid, especially for difficult menstruation. May be taken as frequently as desired.

THE CHICKWEED BATH

Add about three pounds of fresh chickweed to a portable bath of hot water.

The patient remains in the bath (which should be kept at the same temperature) for about half an hour, and concludes with a tepid sponge down. The bath may be taken as frequently as desired.

Action and Uses.—Chickweed is healing and soothing. The chickweed bath is of especial value in skin diseases. Useful in nervous disorders.

THE BRAN BATH

Add two or three pounds of common bran to a portable bath of hot water.

The patient remains in the bath for about half an hour, and the treatment is concluded with a cold or tepid sponge down. The curative value is increased if the patient's body is rubbed with the hands while in the water.

Action and Uses.—The virtues of this bath are

the same as with the bran rub. It can be employed safely by people of all ages and conditions, but is chiefly used for backward children. Useful in skin disorders and nervous conditions.

STEAM BATHS

Steam baths are one of the most powerful means at our disposal for eliminating toxins through the skin. The best method of indulging in this form of bath is by means of a bath cabinet.

A really fine bath cabinet can be obtained at reasonable cost from The Gem Supplies Co., Ltd., 67 Southwark Street, London, S.E.1, and I understand the Company will be pleased to supply literature concerning their steam baths free on application. I have no interests in this firm but I know their equipment to be good, and have no hesitation in recommending it.

With the bath cabinet the patient's head is kept outside, so that he breathes pure air for the whole length of the treatment. His feet should rest in a bowl of hot water. The steam is created by a special type of lamp, which burns underneath a vapourising pan containing water, either plain

or medicated. The patient sits on a cane chair inside the bath with a towel closely tucked round his neck to keep the steam in the cabinet.

Before and during the steaming the patient should drink plenty of cold water—two or three tumblers in all. This prevents the blood from becoming sluggish and overworking the heart, which is liable to occur, owing to the fact that the action of the steam forces impurities out of the tissues into the blood-stream, thereby thickening it. A cold, wet towel should be placed over the patient's head.

The duration of the steam bath depends on the patient. The stronger he is, the longer he can remain in the cabinet. Usually he should persevere for ten to twenty minutes. If he is weak he should be carefully watched and taken out at the first signs of distress. Heart cases of a serious nature should avoid the steam bath, but in minor affections of that organ the short baths are very beneficial. A cold, wet pack may be bound over the heart if deemed necessary.

The bath is followed by a cold or tepid sponge down, after which the patient rests in a warm room or goes to bed.

Warning.—Never give a steam bath when the patient is in a very weak state. Never give more than three weekly, and never within two hours of a meal. Remember that plenty of cold water should be taken before, during and after the steaming.

CHAPTER IX

A WONDERFUL TONIC TREATMENT

I HAVE explained in the chapter entitled "The Third Lung" the important part played by the skin in health and disease. Show me a person with a healthy skin and I feel fairly confident in stating that that person is in a state of reasonable well-being—active, energetic, bright and cheerful.

All water treatments have a beneficial effect on the skin, but the tonic treatment I am about to discuss excels them all as a means for invigorating that organ and bracing up the entire body. This treatment is called the salt glow or rub.

To a bowl containing a couple of pounds of common table salt add sufficient hot water to moisten the salt thoroughly and form it into a thick slush. The patient takes the salt in his hands and rubs it well over the whole of his body for a few minutes. Assistance will be needed for the back unless the salt is applied over that region on a wet, folded towel used as a strop. Another person may perform the whole rub if desired, but the patient should do what he can for

himself as he knows just how hard he can rub without discomfort.

Do not rub sufficiently hard to injure the skin, but be as vigorous as reasonably possible.

The rub is followed by a sponge down with hot water, or a hot shower, and concluded with a tepid or cold shower or sponge down. It is wise to take a little walk or other form of exercise immediately after the conclusion of the treatment, but this is not essential ; the patient may please himself.

The salt glow gives a wonderful feeling of fitness, and is a splendid means of toning up weak bodies and rejuvenating the entire organism. I have known only one salt glow to work wonders with a tired, weak individual with all the "go" out of him. A series of glows will perform the world of good in nearly every instance where the patient is strong enough to bear the somewhat rough friction.

Action and Uses.—The salt glow acts in a very similar manner to the ordinary wet friction rub, but its effects are far more pronounced, and it is more powerful in every way as a body and skin stimulant.

Not only does it cleanse and tone the skin, and promote elimination ; it also stimulates the circu-

lation, invigorates the nervous system and strengthens the heart.

The salt glow should not be given where the skin is broken or where there is skin disease. Local salt rubs may be given to any section of the body where indicated, but the general application should be given for preference in all disorders, and also for purely tonic effects.

A morning salt glow taken once weekly will do much to keep one in the pink of condition. Its value is very evident for athletes and those who take a pride in their bodies.

In my professional practice nearly all my patients are instructed to take a salt glow once weekly. It greatly aids every other treatment. If common table salt cost twenty shillings per pound and water a shilling a bucket, the salt glow and all forms of water treatment would be far more highly prized and more frequently used.

As I said previously, I am confident that the vital and most necessary things for our health and for the treatment of our ailments surround us in super-abundance. We should be a far healthier and happier people if we made more use of nature's remedies, and our lives would far exceed the Psalmist's allotted span.

CHAPTER X

WATER TREATMENT FOR THE EYES

THE eyes, like other organs of the body, do not become weakened or diseased unless there is something wrong either with the blood or nerve supply. Provided that the eyes have a normal supply of blood, are properly nourished, and effectively drained of waste matter, vision should be good and headaches due to defective eyesight unknown.

There are other causes of weak eyes which must be removed if normal sight is to be attained. I refer to excessive strain caused by reading, working under the poor or artificial light, and to constitutional weakness. Injuries often result in eye troubles and spinal lesions are also a frequent cause. There are some writers who claim that the mental make-up is responsible for some defects in the eye lens. It is claimed that constant lying has an effect on the muscles of the eye which interferes with the lens and causes astigmatism.

I am not saying that every case of astigmatism is caused through telling untruths, there are many other more probable causes, but this serves to show that one part of the body affects another and that the mind plays a far more important part in our ailments than we imagine.

With eye troubles, as with other disorders, the underlying cause must be removed, and once again cold water is our most potent remedial agent. Massage of the tissues surrounding the eyes is good, but to my mind water treatment is superior to any other for this purpose.

I am not advising people who wear glasses to leave them off suddenly. The sufferer may always have to wear glasses, but there are few instances where water treatment will not improve the eyes, and minor affections may sometimes be entirely cured. No harm can result from following these instructions.

For an eye bath the water used should be as cold as the sensitive eyeball can stand, but not cold enough to cause any real discomfort to the bather.

Partly fill a large bowl with cold water, to which should be added about one small teaspoonful of common table salt. Submerge the forehead

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and eyes in the water, and open and close the lids from six to twelve times before withdrawing. Repeat the process three or four times. While in the water the eyes may be given a circular and side to side motion in order that the water may thoroughly penetrate to all parts of the eyeball.

Another method is to have two bowls of water, one containing cold and the other tepid. Salt should be added to both, and the same procedure mentioned above carried out in each bowl alternately. Spend a minute in the cold to begin with, and then one minute in the warm. Make four to six changes in all, and always conclude with cold.

I prefer the alternate warm and cold system to the single cold bath. Much good has been done with both methods, and they are entirely harmless. The brain and nerves are also improved by this form of eye bathing.

Here is another method for improving the eyes. Fill an eye-cup (obtainable from any chemist) with cold water. Bend the head forward and press the filled cup securely against the eye. Then bend the head backwards and open and shut the eyelid a few times. A pinch (not much) of salt may be added to the water. The water

used for eye bathing may be medicated if desired. By doing so the action of the water is improved.

Another valuable method is to add to the water in the bowl about an ounce of simple tincture of myrrh. Two or three drops is sufficient for the eye-cup. (Please understand that the remedies are never applied neat, but mixed with the requisite amount of water with salt added.) An ounce of tincture of golden seal added to the bowl of water is another good remedy. Use the medicaments in both bowls if the warm and cold bathing is adopted ; an ounce in each bowl.

The natural treatment of the eyes may be continued for any length of time. Patience will be necessary in order to obtain any real benefit. The reader should remember that this eye treatment benefits the whole organism, especially the brain and nervous system, so that no time spent in this manner can be said to have been wasted. No better use can be made of time than for the accomplishment of those things which make for better health and efficiency.

CHAPTER XI

HEAD BATHING FOR MENTAL EFFICIENCY

As I have already pointed out, the root cause of disease is the accumulation of toxic materials within the organism. This being true of the physical body, it is reasonable to claim that mental disorders are, to a large extent, due to the same cause. One authority writing on insanity makes the definite claim that the disorder is due to dirt in the brain.

There is one point upon which we can fully agree, and that is the undoubted fact that it is impossible for a clogged brain to function properly. If the blood supplying the brain is thick and laden with waste matter, the minute brain cells starve for want of nourishment. A condition of stagnation is brought about and the sufferer cannot concentrate; he thinks slowly and becomes morbid and slothful. He develops a negative state of mind, which, in turn, reacts upon the body, and thus a vicious circle is set up, body and mind reacting one upon the other.

I quote here a paragraph by the late Archibald Hunter, a well-known hydrotherapist. It will help the reader to understand the importance of having a healthy blood-stream if mental efficiency is to be maintained.

“To assist in understanding the physical structure of the brain, in its formation and action, through the nerves in connection with, and its influence upon, the various organs and functions of the body, we may describe it, in appearance, as a pulpy soft mass of uniform substance, seemingly without any marked divisions, blood vessels or tissues, such as we find in other parts of the body. But, as described by skilful anatomists, it is made of numerous folds or convolutions, separated by very fine skin or membrane, and permeated throughout by MINUTE, DELICATE BLOOD VESSELS. As they advance from the neck to the upper part of the head, the arterial vessels divide into HAIRLIKE CAPILLARIES, where they meet with and join the veins or return blood vessels, WHICH ARE EQUALLY MINUTE, and converge again into larger.

“In illustration of its important functions, the brain is supplied with more than double the amount of blood, in proportion to its own bulk,

than any other part of the body. But from being confined within the hard, comparatively unyielding bone of the skull, any extra pressure of blood is so rapid that the small vessels become gorged, congested, and often burst or effuse serum. This often happens under some violent physical exertion, mental excitement, strong emotion, or outburst of violent temper."

Such a condition described in the last paragraph would result in some very serious disorder of the organism. I quote this to show how important a matter it is to have an even flow of pure blood to the brain. Thickened blood cannot permeate the minute, hairlike blood vessels and congestion is bound to take place. When we treat the body we should not forget the importance of treating the head as well, for the brain has an enormous influence on the body for health or disease as the case may be.

Bathing the head and face with cold water has a decided effect on the circulation in the brain. In all those disorders where there are head symptoms, such as loss of memory, worry, depression, morbidness and inability to think or concentrate, head bathing is strongly indicated and will do much to promote recovery, especially if used in

conjunction with other body treatments to aid in the general improvement of the circulation throughout the entire body, and the elimination of waste matter.

Head bathing is strongly advised for children and those performing strenuous mental work. For such it will clear the brain, invigorate the brain cells and promote normal nutrition of that organ.

Boys at school like to plunge their heads in a bucket of cold water, or under a running tap in summer months. This is a natural instinct and such bathing can do them no harm, although they should dry themselves afterwards, which very few trouble to do in a thorough manner.

Remember, good health depends on a healthy mind plus a healthy body. Some writers lay too much stress upon the importance of having a healthy mentality, while giving little or no attention to the physical body; others make the mistake of stressing the importance of a vigorous body and pay but little attention to the mind. The truly healthy person possesses both a strong body and an active mind, and I wish to impress upon the reader the importance of correct thinking and of a bright and sane outlook on life. If

you experience mental distress, if you worry and are unable to control your mental impulses, you had better visit a specialist in mental disorders ; but begin immediately to improve your general health ; get a healthy body and the probability is your troubles will disappear. Get in tune with nature, allow natural law to work its course of healing within your organism. If there are pronounced mental symptoms, carry out as many as possible of the methods I am going to suggest for cleaning the brain as well as the body. Health is CLEANLINESS. Hard work and water are splendid antidotes to the worry habit, so set your face towards the sunlight and let the shadows fall behind ; peg away at the finest job possible—that is the way to health and happiness !

I have seen all sorts and conditions of mankind cured by adopting the simple methods I have described within the pages of this little volume. I have seen men literally dragged from the lowest pitch of sorrow, disease and distress, re-made into happy, sane, rational, positive beings. What has happened to others can, and will, happen to you, provided that you have the will to win. While there is a spark of energy left there is hope for recovery, but you must set your mind to the task ; do

so and nature will not fail you ; your efforts will be crowned with success.

For fairly healthy people three or four minutes' head bathing in a basin of cold water will do much to strengthen the brain and remove congestion. Such a practice is good for headaches and fatigue of mind and body. During the bath the head should be given a thorough shampoo (manipulation) with the finger tips. The upper portion of the face should also be immersed in the water. Conclude by rubbing the head thoroughly dry.

Weakly people may start with tepid water, and as the bath progresses cold water may be added as desired. In this case, where tepid water is used in the first place, the duration of the bath and head massage may be from five to ten minutes. The water should be cold at the finish. Rub dry with a soft towel. If the head is tender, do not be too vigorous with the rubbing. The head bath will not injure the growth of the hair ; in fact, there will be an improvement in both growth and texture in time. Many cases of baldness have been cured by this method. Hair, like all other parts of the body, is nourished by the blood, therefore anything which improves the circulation and quality of the blood will improve the hair. The head may be bathed once or twice daily.

Hot foot baths and sitz baths are very useful in head complaints, as they assist in normalising the circulation and relieve pressure in the brain. The patient must satisfy himself with the cause of his head troubles and act accordingly, but in all cases bathing the head will aid in bringing about recovery.

Women with long hair find difficulty in continually bathing their heads. To them I suggest face bathing, which is the next best thing. Throat packs are also good. When bathing the face the front of the head and the eyes should be held under the water. Occasionally dip the entire face in the basin. Face bathing should take longer than head bathing, as it is not so speedy in its action, and the water should be cold, or practically so.

Head bathing and face bathing are of value in some cases of deafness, catarrh and weakness of the eyes. The treatment should be persevered with in all disorders of long standing; every treatment helps to bring about a recovery, but naturally this must be slow in obstinate cases. Do not forget to employ a reformed diet, and, if necessary, herbal aid in addition for such ailments.

CHAPTER XII

HOW TO STRENGTHEN A WEAK CONSTITUTION

THE following suggestions for the invigoration of the body, if followed out for a reasonable length of time, will contribute materially to the establishment and maintenance of general good health.

The reader will realise, of course, that it is essential to feed in moderation on natural foods, rich in organic salts and vitamins. Denatured, commercialised foods must be avoided if health is to be maintained. Feed only on foods free from dangerous preservatives and chemicals, and have at least one good salad every day dressed with genuine olive oil and lemon juice. Avoid condiments; they irritate the stomach and create an unnatural appetite. Shun white sugar and white bread; the former is little better than poison and the latter is of little value. Genuine wholemeal bread is a "staff of life," provided that it is eaten in moderation and with plenty of green, leafy vegetables.

Another important fact, already referred to, is

that your physical condition depends largely upon your mental outlook. Health is positive ; disease is negative. You must adjust yourself mentally before you can expect to attain anything approaching physical perfection. It is impossible to obtain health unless the mind is in a state of repose, free from fear and at peace with all people. One of the finest tonics in the world is happiness. To acquire health you must be confident and determined to win ; you must think of health instead of disease, of joy instead of sorrow, of love instead of hate. The emotions must be controlled and all undue excitement avoided.

The affairs of the world are largely what we ourselves make of them. The happy, successful person will see the good and beautiful in everything. He will reject what he believes to be error ; not fret about it. Think of success, health, happiness and sweetness, and your life will take on the nature of your thoughts, for **THOUGHTS ARE THINGS**. Many unfortunate persons have developed cancer and other vile disorders owing to the fact that they imagined they had them in the first place. I could fill pages telling you of all manner of diseases which have been caused through fear, imagination and worry.

When you awake in the morning fix your thoughts on health and success, and give yourself some constructive mental treatment before rising ; then you will be in a better condition to proceed with the practical side of health-building.

Having taken your mental remedy, and being fully satisfied with the fact that you are alive and that the future glows with hope, with a heart full of thankfulness for the mercies and privileges you enjoy, get out of bed and stand before the open window.

The first item in the daily health regime is deep breathing. Breathe deeply and evenly for a few minutes before your bedroom window, and take a few body-building exercises such as are described in any good book dealing with physical culture.

The next item is cold water sniffing. Take cold water in the palm and sniff vigorously up either nostril until the water passes freely through the nasal passages into the mouth. Repeat the process six to twelve times. This should be followed by the usual morning toilet. Incidentally I might mention that orange or diluted lemon juice is far superior to the fancy tooth pastes which flood the market. Common table salt is splendid for the teeth and gums ; so also is vegetable charcoal. Try either and prove how

superior are these simple things to the expensive and doubtful creations in the shops.

I recommend a glass of cold water taken in sips before breakfast every morning. It flushes the kidneys and invigorates the digestive organs. The preparation known as "Naturopathic Tonic" is a splendid early morning beverage. Its tonic and cleansing properties are unique.

Following the above routine, take either a wet friction bath or a salt glow. This, you will clearly understand, puts you in a condition to start the day well. You will be surprised at the feeling of fitness resulting from these water treatments ; it has to be experienced to be believed. If you are weak and possess poor reaction to cold water, use tepid water and take your treatment in a warm room.

If you can possibly manage it, take a brisk walk before breakfast. By the time you have done this you should be seeing new beauties in the earth and wondering at your own happiness. The world will be a new place, and you will begin to realise that it is possible to become a new man. The true joy of living will begin to dawn upon you. Try it !

Naturally you must not expect miracles at

the commencement. You will probably tire as usual during the day, but the continuation of the treatment will gradually and positively make your system healthy and strong, and that tired feeling will soon be dispelled. If you have an opportunity to take a sun and air bath during the day, do so. If you live and work in a town, take an artificial sun bath at your local artificial sun bathing clinic occasionally.

Feed correctly during the day and seek jovial company. Associate with others who are living with a noble ideal before them, and leave morbid, selfish people entirely alone, unless by chance you can help them. If you can do this, go ahead, but you can do little for others until you are well yourself.

In the evening indulge in some outdoor sport or hobby, but until you are feeling fairly fit do not overtax yourself. When resting, thoroughly relax and let go all tension. Many people are all tightened up when they are supposed to be resting. Needless to say, such a rest is only a matter of supposition. The whole of the body and mind should be in a relaxed condition in order to rest properly. You will get more benefit

in this manner in ten minutes than would otherwise be the case in two hours.

Before retiring I suggest a cold, or alternate hot and cold, sitz bath. This is of special value if there is any weakness of the abdomen or generative organs. Always finish off with the cold sitz if you adopt the alternate plan. Remember to take deep breathing exercises before you get into bed ; in bed as well, if you wish.

Sleep is nature's great restorative, and weakly people should retire early and get all the rest they can. Even if you do not sleep all the time you are resting. Never worry about going to sleep ; to do so is a frequent cause of sleeplessness. Just relax and DON'T WORRY. It won't be long before you are off. When you awake apply the positive mental treatment and get up. Do not stay in bed and go to sleep again ; such a practice is very harmful.

Now I am going to tell you of two methods which are a wonderful means of strengthening the system. They are very simple, but are positively phenomenal in their effects.

(1) At any time during the day, dip the hands in cold water and wet the whole of the trunk and put your under garment or garments on without

drying. No harm can result ; you won't catch (?) cold. Many famous healers are strong advocates of this method of strengthening the system. The action is somewhat similar to a partial body pack, but naturally not so pronounced.

(2) In the early morning walk barefooted in the dew. If there is no dew, go over your lawn with a watering can which is nearly as effective. If you do not possess a lawn, walking on wet paving stones is a splendid substitute. There is more in this barefooted walking than appears on the surface. It has an extraordinary effect, and hardens the constitution.

Needless to say, it is not necessary to adopt all these measures in your pursuit of radiant health. Perform those which suit you best, trust nature, and your fullest expectations will be realised in due course.

The keynote of this little volume has been "CLEANLINESS." A pure body, governed by a pure mind, is a wonderful combination ; it is an expression of godliness in the flesh. There are none in the earth to-day who are absolutely pure in mind and body ; the best of people are but poor specimens of what a perfect being can be, but the

future holds the hope of perfection in the highest sense when all have learned the lesson set before them. Cleanliness is more than next to godliness, it is part of godliness. "Blessed are the pure in heart, for they shall see God."

"VIVE UT VIVAS"

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INDEX TO AILMENTS AND SUGGESTIONS FOR TREATMENT

NOTE.—The following information is intended only as a general guide. Obviously it is not necessary to use all the remedial measures suggested for each case; the reader must use his own judgment in the matter. The methods are mostly mentioned in what is considered to be their order of importance. In serious cases the advice of a professional healer should always be obtained.

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